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ABSTRACT

This report compiles scientific evidence and statistics on the health risks of weight loss interventions and is intended to help both professionals and consumers cope in healthful ways with the complex dilemmas of weight. The publication is organized into six chapters: (1) "Risks of Losing Weight"; (2) "Effectiveness of Treatment"; (3) "Weight Cycling"; (4) "Mortality Increase with Weight Loss"; (5) "To Treat or not to Treat"; and (6) "Challenges for the 1990s." An appendix begins with a definition of obesity. Then, in a section entitled "Risks of Intervention" research papers presented at the National Institutes of Health (NIH) Technology Assessment on Methods for Voluntary Weight Loss and Control Conference held in 1992 are reprinted. Presenters include: G. Terence Wilson, David F. Williamson, Reubin Andres, Elsie R. Pamuk, Steven N. Blair, Millicent Higgins, and F. Xavier Pi-Sunyer. A 1991 New York City report based on an investigation of segments of the weight loss industry and suggestions for dealing with large patients in health care complete the document. (Contains 72 references.) (LL)

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